

The Cooper Chronicles

January 2008



First Facilitator Volunteer Training Completed!

The Cooper Foundation kicked off 2008 with our first facilitator training. We had twelve amazing participants join in for two full nights of training. The Cooper House was alive with learning and sharing. We were very fortunate to start off with

such a great group of people. We feel it was overall a success!

The next training will be held on February 21st and February 23rd.

Founder's Corner

As we begin 2008, I find myself excited that The Cooper Foundation is up and running. After the training of such a qualified and caring group of facilitators, I feel confident we are ready to begin our support groups. I am happy that families in our area will finally have a safe place to share their grief and start their healing process. 2008 is the year for hope for those families in need. I am surrounded by a compassionate and

committed team whom continue to support our mission. I feel proud to have played a part.

Belinda Denman

If you know of an organization that would like to hear more about The Cooper Foundation, please email us at info@thecooperfoundation.org.



A Non-Profit Organization for Grieving Families

A Safe Place for Kids and their families to grieve.

Family Orientation Night
January 23rd
7:30-8:30

Families join us for a tour and information on The Cooper House.



Peer on Peer Support Groups

- Our children's groups (6-12) consist of talking circles and a time for unstructured play. Play activities are important grief work times for children because they express their grieving through language and creative play with others.
- Our teen groups (13-18) provide time to discuss death and grief issues with peers and trained adults. Some teen groups will choose play activities as well.
- Our adult groups provide an opportunity to discuss concerns about raising children in grief, plus time to share experiences of own personal grief.

** You don't need to be a counselor to be a volunteer. Just a caring person willing to listen!*

Introducing the Cooper Foundation Web Page!

After months of work, the Cooper Foundation website is finally finished. Please check it out and spread the word!

TheCooperFoundation.org

Volunteer of the Month



Sarah Maugans is a new volunteer for The Cooper Foundation. She has helped with everything from baking cookies to looking up grant opportunities. She also has volunteered to help with our upcoming family orientation.

We have big plans for Sarah in our future. If you see her around, tell her thanks for her help and keep up the good work!

Calendars

Volunteer Calendar:

February 21st: Facilitator Training

Join us from 5:00-5:30 for a meet and greet (dinner provided). Training will be held from 5:30-9:00.

February 23rd: Facilitator Training

This is the 2nd day of training from 9:00-1:00. (lunch provided)

* Both days are required training.

To sign up for the training, please email info@thecooperfoundation.org



Support Group Calendar:

January 23rd:

Family Orientation Night.

Join us from 7:30-8:30 for information on our support groups.

If you are a family or you know a family that needs grief support, please contact us to find out more! Info@thecooperfoundation.org or call (832)-623-9966.

All trainings and support groups are held at 109 Holderrieth Blvd in Tomball, TX.

Directions: Off of 2920, turn South on Holerrieth (CVS on corner) in Downtown Tomball. The house is the first house on the left across from Skelton Business.

The Cooper Foundation

P.O. Box 953

Tomball, TX 77377

Phone: (832) 623-9966

E-Mail:

info@thecooperfoundation.org

Web Site:

www.TheCooperFoundation.org



*A Non-Profit
Organization for Grieving
Families*

Donations of the Month

Nancy Hulsey

April and Kris Taylor

Jeff and Sheila Birmingham at Alliance
Graphics/Printing

Special Thanks to:

Rick & Merrie Anderson

Wish List!

If you can supply any of these items
please call 832-623-9966 or email us at
info@thecooperfoundation.org

- Printing
- Trash bags
- Paper towels
- Picnic Bench
- Goldfish snacks
- Cash Donations

*Happy New
Year!*



*TCF is wishing everyone a year of
hope and renewal!*

Good Grief Corner!

Words that Can Help!

By: Mary Lyles

Children's Grief Education Association

- What is the hardest part for you?
- Would you like to talk about it?
- Tell me about your_____.
- What do you miss most?
- I cannot know how you feel, but I remember how I felt when my_____died.
- I'm thinking about you today because I'm aware that it's your mother's birthday.

Words that Can Hurt!

- It will be okay.
- I know just how you feel.
- You'll get over it.
- Don't cry.
- Be strong.
- Don't think about it.
- You should feel_____.
- You only get what you can handle.